

A background image showing several hands of different skin tones holding a single pencil together, symbolizing unity and support. The image is slightly blurred and has a soft, pastel color palette.

Mitigating Stress & Mastering Resiliency

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Objectives

- Leaders will learn and be provided with tools to help their Airmen recognize and mitigate stress in their lives
- Leaders will also learn about Resiliency and how to promote protective factors within Airmen
- Leaders will learn how to engage effectively with Airmen to promote mission readiness and enhance early referral

What Exactly is Stress?

- **Stress**, by definition, is an elevation in physical and psychological arousal or “readiness” that results from exposure to a stimulus or demand
- **Chronic stress** can lead to poor health, poor performance and even injury.



Source: How to Handle Stress at Work by the Wellness Councils of America.

Minor Stress vs. Chronic Stress

- Minor stress is an important ingredient for healthy and productive work.
- Often confused, minor stress energizes people psychologically and physically. It motivates people to learn new skills and master their jobs.
- When a minor stressor is met, people feel relaxed and satisfied.

Stress in America Today

- Job Stress (taskings, supervisor, stability)
- Financial Stress (bills, mortgage, inflation, checkbook)
- Relationship Stress (communication, tech gen, fidelity)
- Parenting Stress (schedules, homework, discipline)
- Locality Stress (Wyoming, wind, weather)
- Health-related Stress (fatigue, anxiety, medical problems)
- Care-giver stress (taking care of extended family)
- School/Academic Stress (homework, classes)
- Media-Induced Fear Stress (terrorism, recession, safety)
- Lifestyle Stress (habits, interests, commitments)
- _____

Specific populations that report greater levels of work stress:

- *Jobs with low autonomy & little personal control over work*
- Health care professionals
- Middle-aged workers
- *Jobs that require working long hours*
- *Military personnel*

Take Action

List the current stressors in your life?

___ Finances

___ Work

___ Family

___ School

___ Relationship

___ Supervisor

___ Career

___ Other _____

The Serenity Prayer

Grant me the serenity to

- accept the things I cannot change;
- have the courage to change the things I can;
- and have the wisdom to know the difference between the two.

People become stressed because they focus on issues or topics they have no control over changing

Take Positive Action

- to relieve your stress -

- What is a positive action you can take in your situation?
- What is a negative action?
- What is in your control?

Ways to Manage Stress to Increase Resiliency

Exercise

Positive mental attitude

Talk it out

Good nutrition

Social support

Realistic expectations

Purpose-driven life



Stress and Resiliency

Physical Health

Emotional Health

Healthy
Relationships

Friends

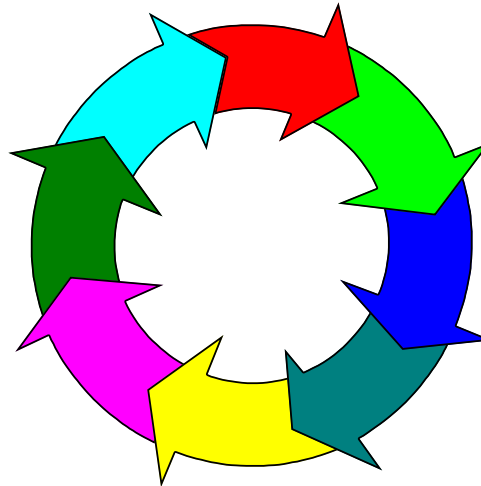
Family

Work & Career

Spirituality

Social activities

Leisure pursuits



The Eight Dimensions of Resiliency

This roadmap will be critical to help you build the coping skills you need to manage the challenging events that occur in your life.



Road Map to Resiliency



Physical

- Within normal weight limits
- Positive self image
- Balanced and healthy diet
- Exercise program 3-4 x per week (cardio and strength)
- Attention to appearance
- Regular sleep routine

Mental/Emotional

- “Self-confidence”
- Happy/Sense of humor
- Positive attitude
- Emotional stability
- Not holding onto past trauma
- Self actualization
- Healthy coping skills

Social/Family

- Healthy relationship(s)
- Friends are positive people
- Sense of belonging
- Involvement in group activities, e.g. PTO, clubs, social activities, sports
- Active part of community

Spiritual



- Life has meaning
- Sense of Faith
- Serving others/Altruism
- Hope (it will get better)
- Live a virtuous life
- Not necessarily religion-based but could be

Road Map to Resiliency

Financial

- Good income to debt ratio
- Established budget
- Responsible credit card use
- Savings account established
- Retirement/Investment plan
- Home ownership or plan
- Involved in financial decisions

Knowledge/Skills

- Have the skills/knowledge for what you are doing in life
- Focused on self improvement
- Read books/magazines
- Educational goals
- Make informed decisions



Workplace

- Feel challenged and valued
- Have job skills and training
- Open communication with boss and co-workers
- Control your daily schedule
- Ability to delegate
- Opportunities for promotion

Purpose Driven/Gratitude

- What are you thankful for?
- What do you do on a daily or regular basis that gives your life purpose?
- Create your bucket list
- What inspires you to get up every morning?

Complete the Self Assessment

- List the positive things occurring in your life in each dimension
- List the areas in your life that you could do better to feel better
- Identify a goal in the dimensions where you feel you could improve your life



Now
Go Out and Re-Take Control Of
Your Life
and be Resilient

